

# Integral Yoga

Bi-Monthly Magazine of the Integral Yoga Institute



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Special Jayanthi Double Issue



*This issue is dedicated*

*to our Beloved Guru*

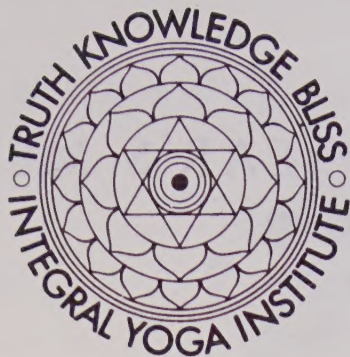
*Sri Swami Satchidananda*

*in honor of His*

*57<sup>th</sup> Jayanthi*







INTEGRAL YOGA INSTITUTE  
Founder-Director: Yogiraj Sri Swami Satchidananda

GOAL: Healthy body, sound mind, dynamic will, ethical perfection,  
universal brotherhood, selfless service, Self-Realization.

THE WAY: Asanas, pranayama, chanting of holy names, self-discipline,  
meditation, manthra japa, study and reflection.

CLASSES: Hatha Yoga, Chanting, Meditation, Lectures and Discussions.

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A Bi-Monthly Magazine

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# NEW YEAR'S MESSAGE

In human life, the greatest miracle of God's creation, every moment is vitally important, every day like the turning of a new leaf, and every year the beginning of a new hope. In the never-ceasing tide of time, today science is on dynamic ascendance, and new miracles are being wrought in quick succession in the world of matter and energy. Man has set for himself the task of conquering nature and harnessing its limitless energies for his good, and, indeed, has succeeded to a large extent, though material progress has yet to go a long way to become universal. But, nonetheless, there is tremendous progress in almost every direction, in the widening of social and political consciousness, in international relations and community welfare, indeed, as it should, and as it has never been; but there is a very big question looming large over man, challenging him to admit if he has made any progress at all in the culturing of his inner spirit, in the evolution of his soul, in his spiritual awareness, and in the enlightenment of his higher mind--which are the greatest moulding factors in life.

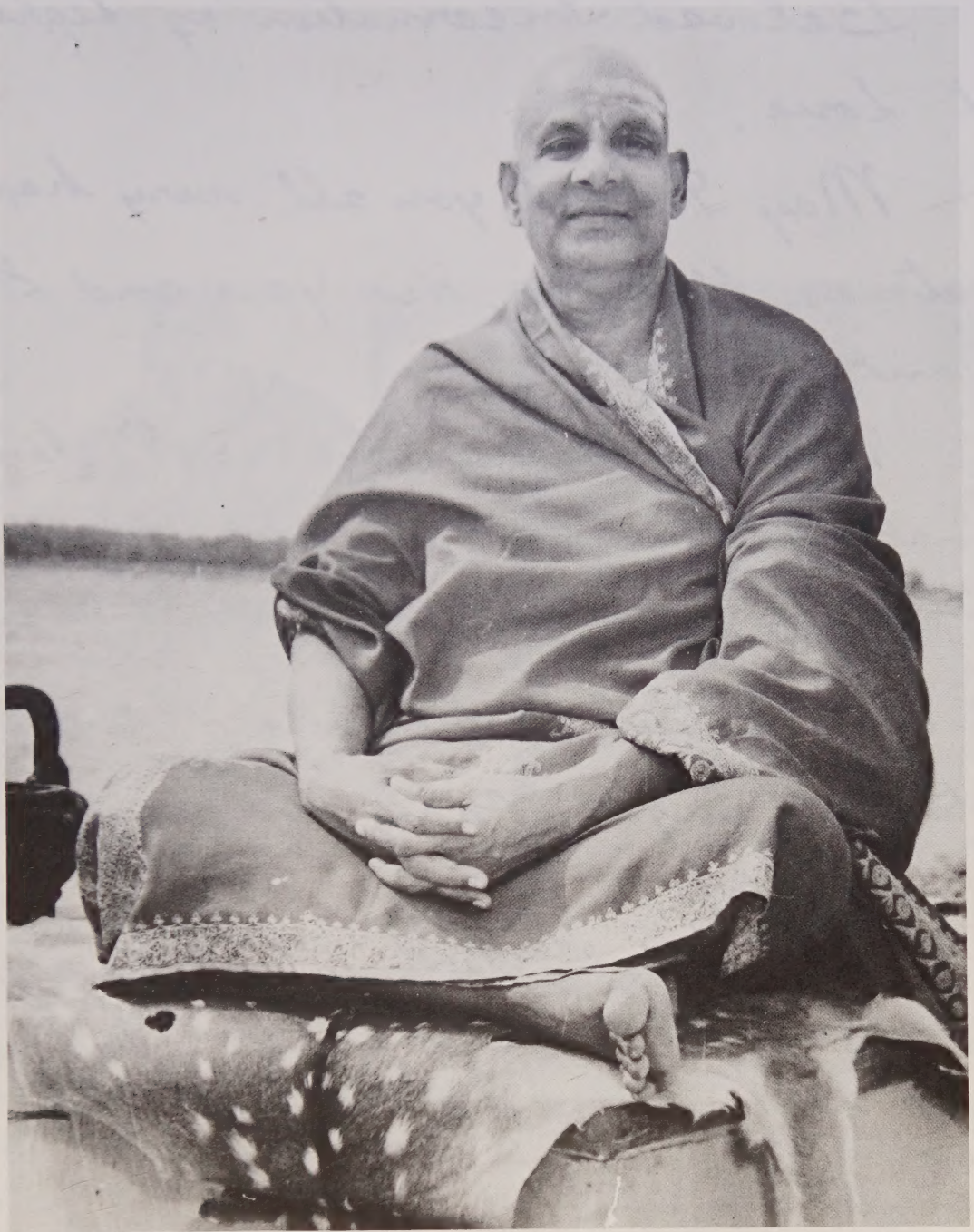
In spite of man's tremendous strides of progress in the grasping of the external world, he is as wild as before inside himself. The faint inner voice of the spirit is stifled by the rumbling of emotional conflicts. The gentle divine spirit within is shackled by the chain of base impulses. The purity of the positive part

of his being is being excruciated by the dictates of his flesh. Man is at a loss to solve his problems. He is at war with himself and with others too because he does not understand himself.

The victory of man over nature will be fruitless unless he attains victory over himself. The science of self-mastery, of disciplining the lower nature, of resolving inner conflicts, of transforming the smothered divine spirit into a dynamic, decisive force in one's life, is far more difficult and intricate than any other science. But, ultimately, it is this science of self-evolution that is of the greatest importance in the life of man, for it is what he has acquired of the material world that would finally matter. There should be a living reintegration of matter and spirit, since both are interdependent. It is the balance of the two that assures harmony and progress. Regimentation of life in the complexities of materiality has led man to this present impasse. Now is the time for retrospection, for decision, for resolve.

The challenge of the new year is--man must look within and free himself from the fetters of materialism; dehypnotize his mind for a correct assessment of the values of life; harmonize his thought, aspiration and action with the law of truth; endeavor towards the betterment of his understanding of himself and others; dilute his own cravings and dictates





of vanity and self-centeredness  
in the larger interests of others,  
in common good and general welfare;  
and it is only thus that he  
can reach the goal of the  
supreme realisation of cosmic  
consciousness.

I wish a very happy new  
year of peace and progress and  
welfare to everyone, everywhere.

*Swami Sivananda*

Swami Sivananda



ॐ

Beloved Incarnation of Light  
and Love,

May I wish you all very happy  
Christmas, Hanukka, New Year and Golden  
Present.

May you all aspire to Realize the  
Eternal Truth - The God with in & with out.  
Have been longing for liberation. Cultivate  
Pure and Sattvic habits. Keep company with  
Saints and Sages. Apply Their teachings in  
your daily life.

The entire nature is the book of  
Knowledge - the omnipresent Guru. Draw  
silent lessons from all around you.  
Make your life a total dedication.

Love, Love and Love All; not for your  
personal benefit; but for The joy of loving.  
Serve one and all. Live to Serve. Then  
endless Peace and Joy is yours, right now.

God Bless you.

Ever yours,

Swami Satchidanand  
ॐ







## A REVIEW

The new year makes us look ahead--but also gives us time to reflect on what we left behind. In the following pages, we review some of the major IYI events of the last six months...

### ANNHURST II

The second ten-day Yoga Ecumenical Retreat was held June 23-July 2 at Annhurst College in Connecticut. Under the direction of Sri Swami Sachidananda and assisted by Brother David, Rabbi Gelberman, and Father Maloney, more than 400 people gathered to practice Yogic techniques, listen to the wisdom of these four teachers, and share the joy of spiritual life.



A time for reflecting...





A time for experiencing...





A time for singing...



"I truly believe we are witnessing the birth of the real revolution, the one which will eventually prevail. That spiritual energy which will, in spite of the violence we live in, move to encompass and permanently alter the manifest nature of western civilization."



A time for parting..



time for gathering...



Oasis  
Quiet my soul  
Calm my mind  
My being rejoices in this place of peace  
No demands upon me  
Just to be  
What I really am  
A child of God  
A part of God  
With my sisters and brothers around me  
Words need not be used  
The air sings our songs  
Praises to God Om the One

Audrey Arbe

photos by John Senzer



# SANTA CRUZ RETREAT

SANTA CRUZ RETREAT, September 1-6, 1971 was attended by nearly 400 aspiring souls. After four days of turning their energy inward to find whatever they were aspiring for--having done hatha yoga, karma yoga, and meditation, having painful limbs, tired bodies, and restless thoughts--the beauty that they are shone out in the communal harmony and joy of the traditional last-night controlled "freakout". With music, dance, poetry, and mime, all rejoiced in our Prince of Peace. For five days of as yet untold blessings for all, with 86 persons newly initiated, we offer our immeasurable gratitude to our beloved Master, Sri Swami Satchidanandaji. JAI!

The following quotations are from Swamiji's talks and from responses of retreatants.

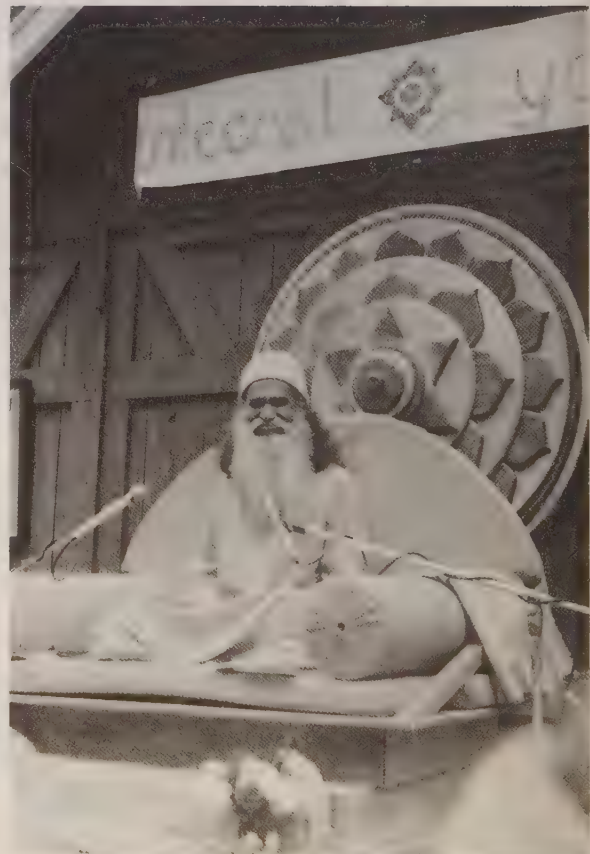
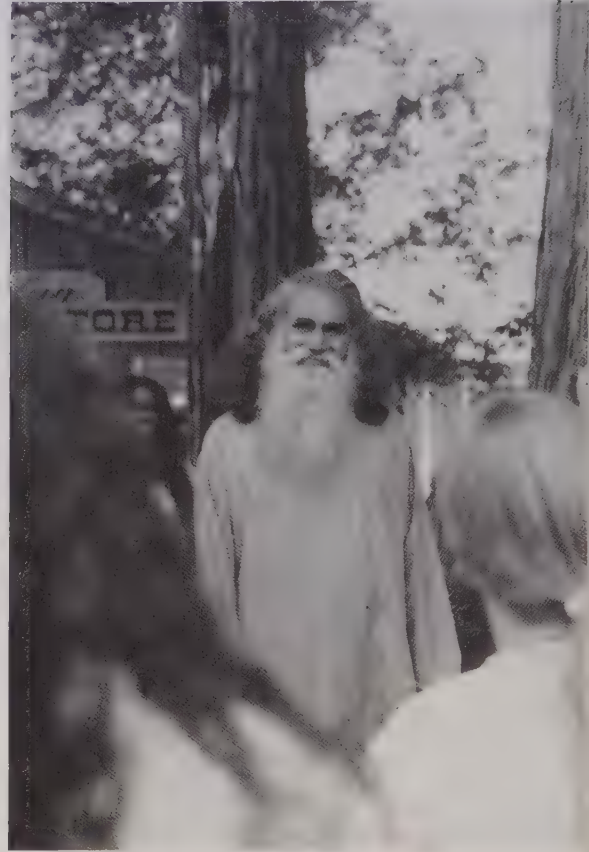
"When you light a candle, it burns steadily. You see the candle flame flickering, you know the wind is tossing. So immediately you support the flame with a chimney, and you see the steady flame again. Which is the nature of the flame? Being steady. To burn steadily. But when the wind tosses, it flickers. Stop the wind from tossing it. It will burn steadily. The peace is steady in you, but the minute you forget it and you run after things, then the effort itself, the desire of getting it, that becomes a wind and tosses it."

SSS

I didn't have any trouble with the silence; I had a lot of trouble with what I found within it.

"You are not here for a treat, but you are here for a retreat. If you want a treat, I'll treat you from all the troubles. Let me treat you." SSS

I got what I came for--to find, to grow and achieve a closer feeling to God. Also, I've been seeking a master, a guru, or a guide. I found these things here and I'm very, very grateful.





"The purpose here is to know yourself first. Before even getting yourself introduced to somebody, get introduced with yourself." SSS

Last night the Lord gave me something very special. What it was was that I saw everyone as my brothers and sisters. And it's blowing my mind.



I haven't been able to stop smiling for the last three days. This retreat has changed my life. Thank you Swamiji.

All I saw were frowning faces.

"What should be our attitude toward liberation? Just to know that you are already liberated. You are never bound." SSS



"The purpose of silence, of the closing down of all avenues of communication, is to enable us to see that we are complete unto ourselves. Then, when we again open our eyes for communication, communion, we can truly rejoice in our completeness in our other selves. " SSS



This has been the most beautiful five days of my life, and through my master, Swamiji, it's made a revolutionary change in my whole personality.

"Did you ever hear of a person running to the doctor saying, 'Doctor, since the past week I seem to be always peaceful, nothing is happening to me. Please feel the pulse, please feel the heart.' You don't say that. Why? Because you are peaceful. You are not worried about it. Why should you worry about it? But the minute you lose that, the minute you disturb it, then you run to the doctor. 'Doctor, something has happened to me. I have lost my peace. I am disturbed. Let me have the peace again.' That itself is the proof that you are peace personified." SSS



"When we walk back into the world, they will see something new. You will be inspiring them. That is the reward for this retreat....Thank you for listening to me. Om Shanthi." SSS



## LABOR DAY'S RETREAT: A SPIRITUAL DIARY

The buses come ...  
One day done  
Swamiji speaks  
Aspirant seeks

Sahaja Samadhi  
God everywhere  
In Everybody  
Here and there

Humanity is remembering  
Its real identity  
Not sundry pelf  
But the True Self

Early to rise  
Meditate wise  
Yoga raja  
Jai Purusha

Bhakti says, aught is mine  
Lord, all is Thine  
Transforms mere passion  
Into compassion

Krishna's flute gentle  
Vibrations stir mental  
Music of spheres  
Vanishes the years

High camp harvest  
Is Karma Yoga test  
Of how to serve  
With Godly verve

Rooster cheer  
Awake!  
Partake  
The Christ is near

O Rama, hear prayer  
Descend Thy stair  
As we go up  
With Thee to sup

Morning pray  
In silence say  
Om Hari Om  
Keshava, lead me home

Flies remind  
With buzzing wind  
Krishna come--  
We are One

Sky is bowl  
Encompassing soul  
O starry night!  
Om heavenly sight

The script of Mature  
Is greatest teacher  
Our life a poem  
Om Shanthi Om

Satchidananda now  
Where art thou?  
The heart be light  
In love so right

Moon, a spaceship yantra  
Man on earth  
Awaiting new birth  
Keeps repeating mantra

Speak the disciples  
Of Yogic principles  
Holding Lord in heart  
Is auspicious start

Teacher trainees sacrifice  
Prepare selfless service  
God's gift--to live  
Our duty--to give

Lord, dictate me  
Thou devotee  
Whatever Thou want to  
Please help remove ego

Ha is sun  
Tha is moon  
To steady nerves  
No mind swerves

The really smart  
Is wise of heart  
Forever true  
To me and you

Make me Thy tool  
Instead of fool  
Of trash I've had fill  
O let me do Thy will

OK, line up  
Everybody vomit!  
Finger down throat,  
No way to stop it

Where beauty wings  
And gladness sings  
Find freedom there  
Without a care

Swamiji's talk  
Abolishes clock  
In Guru we see  
Just what we be

Kriya cure  
Helps the body  
Keeps temple pure--  
A Yoga toddy

Walking meditation snakes  
Deep Japa Yoga takes  
Concentration firm and steady  
Mind keen, ever ready



# YOGA ECUMENICAL SUMMER PROGRAM

The Yoga Ecumenical Summer Program conducted its second summer retreat at Saugerties, New York. Several hundred people of various backgrounds and religious beliefs came to participate in the summer's activities. The program itself was a balanced blending of work and meditation practices, reflection and discussion. The program generated a close family feeling, rather than that of a formal retreat. As such, we grew to understand in day-to-day practice the spirit of Yoga.

A large house and a chapel at the base of a mountain, a field of grass touching a forest where the water falls down into streams. Surrounded by the Silence, we came into the Peace.

Because it didn't really matter, we repaired a cabin, built some stone walls, fixed a swimming pool, and filled in the holes in the dirt road. Just for the fun of it--and something inside of us smiled, it matters.



Karma Yoga

About twenty students from the Integral Yoga Head Program (drug rehabilitation) spent a week with us. It seems worth knowing that twenty young people are well...on their way to the other shore.

There was always room to accomodate one more brother or sister. By adapting and adjusting, we grew close in understanding. Somehow I feel we didn't have a retreat...we raised a family.





Chanting and Meditation

Enjoying the outdoors



Perhaps the only way to measure the blessing of having Swamiji's presence is by the immeasurable joy in his coming and the immense sadness in his going...and by the inseparable Peace and Joy he leaves behind. We held two weekend retreats under the Holy Guidance of His Wisdom and Love.

Brother David brought us humble knowledge, Rabbi Gelberman pearls of Joy--two precious gifts for the soul.

Christ worked through us all, or was it Krishna? I can't say, but in each name that we called the Lord, He seemed to answer. And what did he say? "Peace and Joy. Peace and Joy." Eucharist mornings, Sabbath evenings, in the chanting and in the quiet of the meditation.

Kanniah Cohen



# YOGAVILLE

If we really want the entire world to be a heaven, to be peaceful and joyful, we should set up a model for others to realize the possibility of it. Instead of just talking about it, we have come forward to act and to prove to the world that such a heaven is possible--and we are going to make it. May God guide us in every way, along every step of this project. That is my sincere wish and prayer. Om Peace, Peace, Peace be unto all.

Swami Satchidananda

The growth of the Integral Yoga Institute has reached a new stage. Beginning as a single center in 1966, expanding to a dozen cities, growing as a family with households in each center, and reaching out into the community to teach and serve, the IYI is now preparing to carry its experience of communal living and working to the next logical step: the development of Yogaville.

What is Yogaville? Yogaville will be a self-sustaining spiritual community, a city in itself, based on the principles of Integral Yoga. It will provide an international center to serve not only the IYIs but all spiritual seekers who wish to come and live in accordance with the principles of truth, non-violence, dedication to service, and universal brotherhood. People of all ages and backgrounds, all races, religious traditions and nationalities will be welcome. Yogaville will include a wide spectrum of life styles, ranging from student to monastic to family life. People will be able to live there as guests, as temporary or part-time residents, or as permanent full-time residents. Yogaville will be a large

family working together. All will share in the rewards and responsibilities of the community. And all will benefit in their spiritual development from the presence of Sri Swami Satchidanandaji.

Yogaville will ultimately be self-sustaining with its own agricultural resources, its own stores and cottage industries, its own schools. There will be a common kitchen and dining hall, a common pocketbook for common projects, and a universal temple for people of all religions. The temple will be in the shape of a lotus, each petal housing a center of worship from each of the world's great religions. In the center will be a common meditation hall, symbolizing the ultimate oneness.

Yogaville, however, will not exist only to serve the needs of those living there; it will also serve the world. It will provide a training center for those who wish to learn and then teach Yoga to others; it will provide a center for ecumenical Yoga retreats; and, finally, it will serve as an exemplary community, showing a way to peace, not only individually but throughout the world.

At present, we are actively engaged in seeking a site--one of 500-1,000 acres with land suitable for farming and

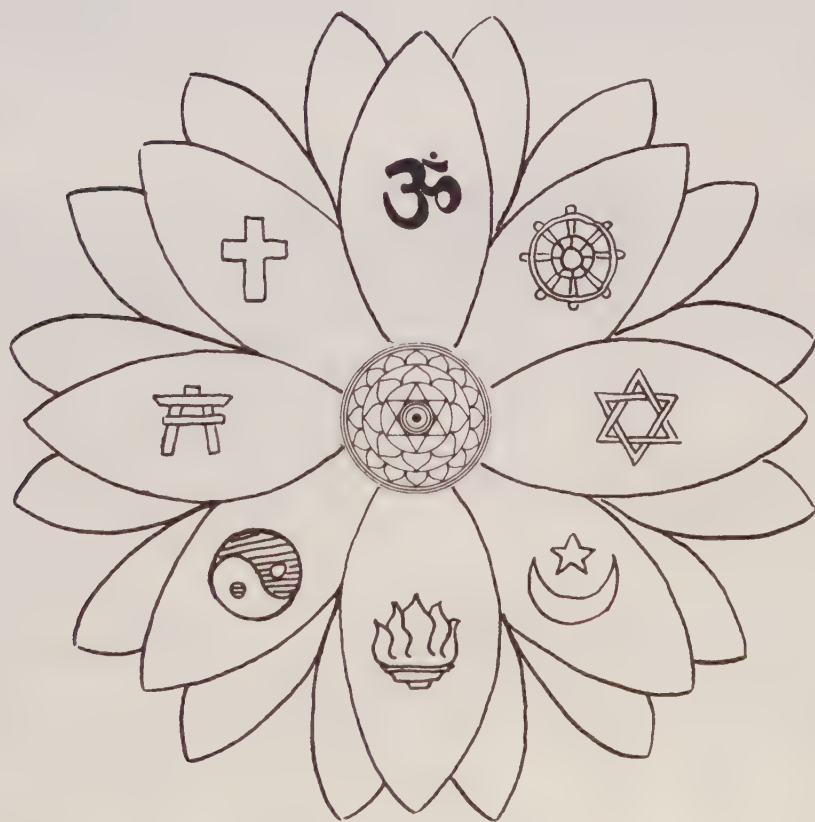


also with woods to provide for a secluded environment. Already many people are sharing their talents and energies in this project. When land is found, the wealth of diverse abilities among those who have come forward will enable us to develop Yogaville without delay.

Working together, we can make the dream of Yogaville a practical reality. Would you like to help? If you can contribute money, whether it be a dollar or a thousand, that's wonderful. If not, you could give some of your time and energy to any of the various Yogaville committees (Communica-

tions, Fund-Raising, Planning and Development). If you would like to come forward, to give or to learn more, contact the New York Integral Yoga Institute at 227 West 13th Street, New York, N.Y. 10011 (212-929-0585).

If we really want to bring peace and love to the world, we must live it with others. Yogaville is a way to do it. "You have the opportunity to contribute," Swamiji has said. "Now is the time to come forward....Let us talk together, let us walk together, let us think together, let us live together."



# HOT SPRINGS RETREAT CENTER

The need for a retreat center for students on the West Coast became evident this past summer. A scouting of some of California's 182 thermal springs, taking into consideration locale, accessibility, general condition and accommodations, took place and Swamiji was shown two of them when he came to California in September. One of the sites was Seigler Springs Sports Camp Resort located two hours north of San Francisco. It seemed everything we had hoped for--and more.

Seigler's 37 acres of mountainous pine forest contain one geiser, twelve hot springs of different variety, and a "hot running creek". There are 70 furnished units on the property made of wood or stucco, some with old-style Spanish tile roofs. Included are a beautiful dining hall

large enough for 500-600 people, an old hotel with 30 rooms and office space, a solarium with rooms for massage and a roof for sunbathing, a bath house with sunken hot or mud baths, and a snack bar underneath which is a recreation room and lounge with fireplace and walls made of stone. There are three large houses with kitchens, and many 1-2 room cabins with showers. There is enough level land for farming and many orchards cultivated in the area which would provide jobs as well as fruit.

Retreat center activities would include daily scheduled sadhana for short-term visitors, 1-2 month sessions of sadhana and relaxation for those who come for a long retreat, and regularly scheduled quarterly retreats. There will also be those







who will just come for use of the Hot Springs facilities. Basketball courts, tennis courts, and an open-air pavillion will provide plenty of stretch room for Hatha Yogis, and swimmers will have their choice of an indoor or an outdoor spring-heated pool. The football field will probably undergo a great change of vibration growing flowers and vegetables. Altogether, the center should accomodate 300 people comfortably.

An integral part of this project is the plan for a "surrounding community", an agrarian Integral Yoga community closely associated with the Center, located on other land that is for sale in the area. Whereas the Center will be staffed by about 6-8 full-time workers and possibly 12-20 part-time workers, the surrounding community will be more suitable for family life. Cottage industries will be set up in the area to provide income for both communities.

A tremendous demonstration of support brought the whole concept a giant step closer to realization at the September Santa Cruz Retreat. On the last night, silence gave way to entertainment and slides of the proposed site were shown.

The enthusiastic response manifested as \$25,000 in pledges, half of the money needed for the down payment. So far, \$15,000 of this has come in toward the \$60,000 needed for the down payment and the first year's expenses. The full price of the property is \$175,000 with quite a bit to be spent on repairs and improvement later on. Plans for fund-raising projects have begun with many ideas springing from open meetings at West Coast Institutes. Possibilities include a benefit concert, a fair, a theatre party, a garage sale, and a job service exchange. At this initial stage, however, we are reliant upon contributions which might be made easily in the form of a bank loan to be repaid gradually by the donor. Anyone who can contribute in any way or would like more information, please write to Vijay at the San Francisco IYI, 770 Dolores Street. This project needs your love and support--as does every other growing thing. God bless you all.

# COMMUNITY SERVICE

This is the first of a series of articles on the community service work of the Integral Yoga Institutes across the country. According to the principles of Integral Yoga, Karma Yoga (selfless service) is performed as a means of purifying the mind. Service is done with an attitude of detachment, or not being attached to the fruits of one's labors. The work is done to the best of one's abilities and is offered up to God or humanity. We have then done our part--the rest is up to the Divine Will.

## Integral Yoga Head Program, New York

The Integral Yoga Head Program (IYHP), a division of Horizon Center, is an ambulatory day-care treatment center run by the Addiction Services Agency of the City of New York and funded by the National Institute of Mental Health. Using Yoga as a new therapeutic approach to the vastly growing problem of drug abuse, the program began in June, 1970.

The IYHP uses a peer level approach that aims at integrating the various aspects of the personality--mental, intellectual, emotional, and physical--that have become disoriented from drug abuse. Yogic practices to strengthen mind and body control are used along with various activities involving human communication.

Recognizing that an authoritarian approach to drug rehabilitation doesn't work for many, the program concentrates on taking positive steps such as the Yogic practices and communication rather than forcing students to give up drugs. When a person practices meditation, Hatha Yoga, and Pranayama, he begins to get in touch with his body and mind--perhaps for the first time. Then he himself feels that drugs would only bring him down from this feeling. By purifying the body

and mind through Yogic techniques and by experiencing the joys of human communication, a person will no longer feel the need for drugs. Yoga teaches that the "high" is already naturally within you--drugs only act on the nervous system to make it manifest.

The success of this program is, of course, largely due to the loving guidance of Swami Satchidananda. Swamiji has taken a great deal of interest in the IYHP, visiting the center for discussions with the students and giving guidance to the directors. Part of the rehabilitation technique is to expose the students to Swamiji's influence as much as possible through educational video and audio tapes. The students also attend lectures, retreats, and other programs conducted by Swamiji.

The following is a personal account of the program by one of the students:

I came to Horizon Center because I was looking for something to help my head (which was pretty spaced out). My life wasn't exactly ideal. Besides feeling bored and restless most of the time, I was further bringing myself down by drinking a lot of wine and smoking a lot of grass. The fact was that I didn't know what to



do with myself when I got up in the morning. Though I cared a lot for the people I was living with, I found it hard to talk with them about the things that were bothering me. I kept my feelings stuffed inside of me most of the time and in fact was hardly aware myself what I was feeling.

I knew I wanted to change things with my life but I didn't know how. I had bought a book on Zen meditation and it seemed that this might be a way to get my head more organized. I tried practicing the simpler methods described in the book but I didn't get the immediate results I was looking for. I wasn't discouraged, however, and when a friend of mine told me he was practicing Yoga at a drug rehabilitation center, I arranged to go with him the next time. At this time, the program met only three nights a week. I was pretty nervous about the whole thing, but it seemed to me after meeting the people in the program that they were into the same thing I was--getting out of using drugs and getting into something positive that could help their heads.

That night I rapped to the leader of the program who my friend called G.P. He told me a bit about himself (how he was into a heavy drug and street scene and how Yoga helped him to get out of it) and about the program. A few nights later I joined the program and took my first Hatha Yoga class.

After my first few classes, I began practicing Hatha Yoga every day at home. Besides loosening up my body, the practice was having a real positive effect on my mind. How did it help my mind? For one thing, just the activity and the discipline involved in getting up and doing the postures helped me in some part to get over the lazy frame of mind I had settled into. Also, by becoming somewhat patient and committed to the practice, I was learning the value of patience and commitment in general. In other words, the practice of Hatha Yoga was not limited to just getting my body tuned up, but was having an effect on my head and my life. When G.P. introduced us to manthra meditation, I included this with the Hatha Yoga practice. Meditation helped me get in touch with my mind



Concentrating the mind in meditation



Building an asana room

even more. Just trying to sit still for a period of time each day and trying to concentrate on one thing, I was forced to take a look at what was going on inside my head. I began noticing more and more that I was aware of what I was thinking and how I was feeling--in short, I was beginning to get in touch with myself. It seemed also that I became more able to understand why I was doing a lot of the things I was doing (like using drugs). This greater ability to analyze myself and the motives behind my actions helped me in relating to people. I felt I knew myself better and could share myself more. The practices were also putting my attitude towards things (like work and responsibility, dealing with problems and hassles, etc.) through some changes. Whereas before I would do most things in a half-hearted way, giving up when things were at all difficult, I noticed that I was now becoming more persistent, more able to finish something that I had started, and able to involve myself more completely in what I was doing.

Sometime in February, 1971, the IYHP changed to a daytime, full week program. I started going twice a week (three times a week I was going to school). There was a group of six in the beginning--some from the night program, some new to the program altogether. The day program expanded the Yoga practices to include Karma Yoga (selfless service). Our first project was to build a meditation and asana room. I began seeing how meditation only begins with the sitting, that the real meditation happens when you're moving about talking to people, trying to get something together. Just the process of watching my mind wander and then bringing it back again as I banged a nail into some wood, made me more able to control my mind wherever I happened to be (not just sitting in meditation). I was learning how to deal with problems as they came up in the work and how to deal with myself and the people I worked with.



A word now about the rap sessions. One of my main problems was not being able to get in touch with my feelings towards other people, and if I was able to, not sharing these feelings with the people. Meditation helped me see my mind more clearly and I became more aware of my feelings. A lot of feelings get generated during the course of the day at the program--sometime during the day, somebody is going to put you up-

tight about something. The rap session gave you the chance (whether or not you took advantage of it was up to you) to get these feelings out to the group or to the particular person. For me to tell somebody that he or she got me uptight was not easy. But as I was finding out that the things that don't come easy usually make you grow, I was growing from the rap sessions.



Communicating...

I am still going twice a week to the program (during the summer I went five days a week). It has helped me in dealing with my problems and in dealing with other people. I feel pretty good (I'm still working on a lot of things, though drugs aren't one of them any more) and feel like I'm a much more functioning and aware person. I'm enjoying school for the first time

and find I can deal more with difficult situations and the things that hassle me. Though by no means am I satisfied with where I'm at, I feel a certain confidence in myself that I am more together and that I'm learning how to keep together every day that I live.

Om Shanthi  
Dan Roth

# Jail Yoga

No, this is not a new kind of Yoga, but a new place to practice it. Imagine having all the distractions removed, such as cars, tv's, radios, watches, and even people to an extent. It is almost like being on a retreat. The only thing is that Swamiji is not there in the physical sense--as if His spiritual presence was not enough!

This is the beginning of my trip to Lorton Reformatory. I must say that it is only through the support of all my brothers and sisters that I was able to overcome the darkness and strife in order to return to the path of Yoga while I am still here. It is also important that I thank our beloved Gurudev for His guiding words of wisdom and His everlasting strength that have led me along the path of Yoga. He is the ever-present guardian of all of us. Many times when I felt lost, I would look at His picture and say, "He is in jail with me also." How fortunate we are to have such a person in our midst. For those who do not know it, He is God in our presence. I only regret not being able to take my place in His service at an earlier date. His teachings are unique, sensible, and right in tune with today's way of life. I have truly learned to treasure Him more so now that I am in jail.

Thanks to the beautiful people of the Washington IYL, we have been able to establish a Hatha Yoga program and a Raja Yoga group. On Saturdays, our beloved teacher Dorji comes from Washington for two and a half hours and gives a Hatha class and speaks on the ways of Yoga. He has brought many brothers that were close to darkness back on the path. On Wednesdays, we have a meeting where we discuss the different aspects of Yoga, future events, and our project to help raise money for Yogaville. We sort of look at it as a self-help group.

On August 15th, we were blessed with the presence of His Holiness Swamiji. The lecture was attended by more than a hundred residents. He spoke about many things that applied to all of us. One thing in particular was how being in a reformatory allowed us the opportunity to reform and reshape ourselves into better human beings. It seemed that He spoke on something for each person as if giving an individual message for each one of His children. It was wonderful and truly an event to be remembered. We gave Swamiji a tomato from the garden and a bean pie that the Muslims had made. We thanked Him for His coming and His blessings.

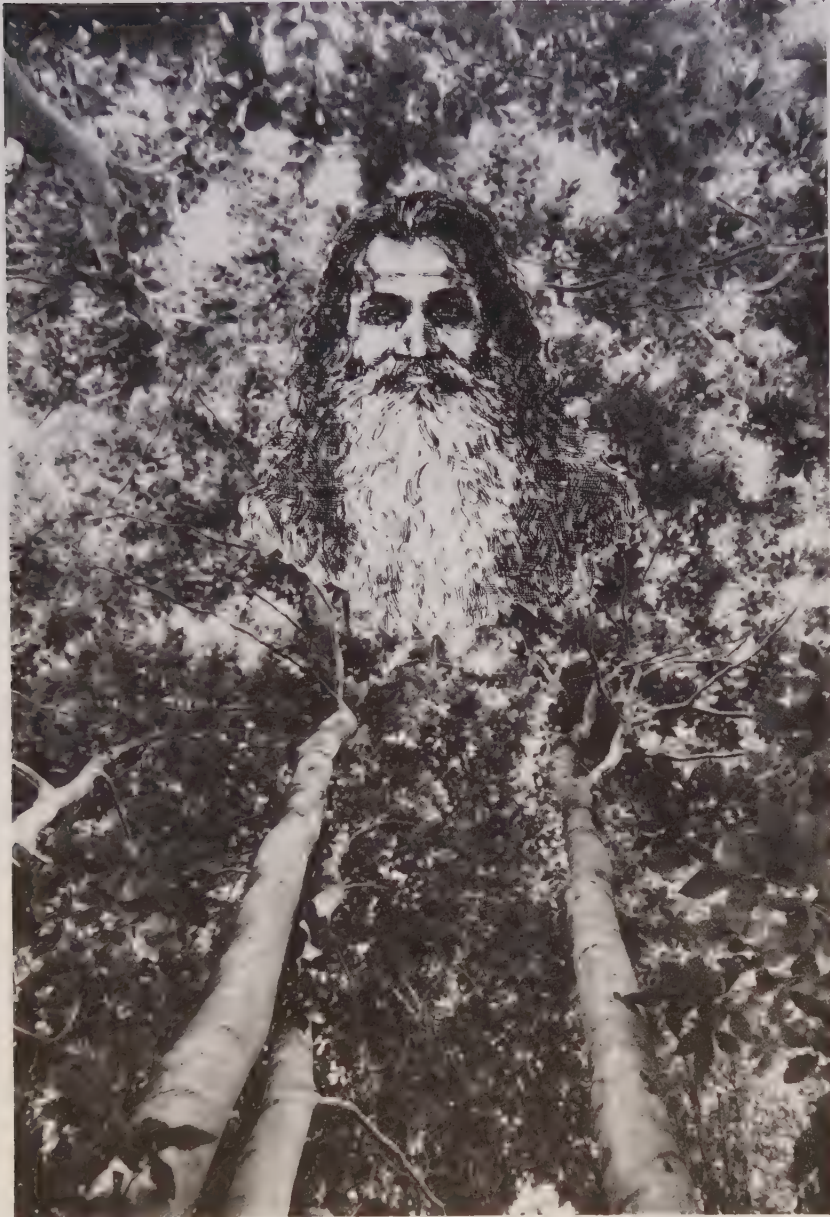
I pray that all of you become aware of what you have in your presence. The peace is there already, all we must do is close off what is outside us and become aware of what is inside us. For jail is only a state of mind and it can be with you out there as well as it can be here--it is up to you. He will always help you and guide you to overcome and clear the path to peace and happiness.

JAI SRI SATGURU MAHARAJ KI

Mithra



# JAYANTHI OFFERINGS



"How are we to know a teacher, then?  
The sun requires no torch to make him visible,  
we need not light a candle in order to see him.  
When the sun rises, we instinctively become aware  
of the fact, and when a teacher of men comes to help us,  
the soul will instinctively know that truth has  
already begun to shine upon it."

Swami Vivekananda

### YOGIC PRAYER

by Janice Butler, age 13

Dear Lord; accept my daily practice of Yoga as a stepping stone to a higher level of consciousness.

Dear Lord; help me rid myself of bad and thoughtless habits, of cruel and hurtful actions. Help me pick out the impurities and replace them with uncolored love and kindness. Now that I am fully aware of the law of Karma, erase all cruel and thoughtless deeds I have done for I knew not what I was doing. If I ever again commit any mean or base action, let me pay my dues in full.

Help me put those in greater need before myself and help me assist those who wish to know what I am already aware of and please fill me with positive energy and kind thoughts.

I humbly submit myself to your everloving grace.

Om

### CHRIST'S SONG

by Janice Butler, age 13

I was born  
and the earth was born  
and flowers were born  
and life was born  
I grew  
and the earth grew  
and trees bore fruit  
and flowers blossomed  
I preached  
and all was still  
and knowledge was for all  
and the learned looked as children  
I died  
and the earth died  
and leaves fell  
and flowers closed up  
and the sun went to sleep  
and all was despairing  
I returned  
and the trees responded  
and flowers smiled  
and the sun came out  
and snow filled the oceans  
and all was saved.



# MELANCHOLY JOURNEY THROUGH DUALITY AND BACK

Om Om Om    Om Om Om

Om Oh Magnificent Maya!  
Blessing my eyes with your majesty  
Blessing my ears with your soundlessness  
Showing me the glorious heights and depths and widths  
Trying your best to make me feel at Home here.

I smile

I smile an anonymous smile  
I nod, I talk, although I do not  
I receive your blessings with all Thanksgiving.  
I love you, Maya....  
But excuse me if I do not see you.

Infinite sky

Immaculate blue  
Speaking to me of the Illimitable Changeless  
Ever above me, I need not see  
But only know and forever Be.  
Beloved Sun! I am One with Thee!

Oh you many Divine faces

Speaking to me of the One Face  
Speaking to me of the Wonders of Time  
Speaking to me of the Glories of Life!  
Trying your best to make me feel at Home here.

I smile

I love you so!  
I am the mirror  
    with which you see your Self  
You are the mirror  
    with which I see my Self.  
I love you so!  
But how long must we live in this world of mirrors?

I talk, I laugh, although I do not

I receive your blessings with all Thanksgiving.  
I love you Maya.  
I love you...  
But forgive me if I do not see you

Oh! Fleece in the sky

Ever so high  
Reflecting the Light, so pure and white  
Speaking to me of the Kingdom of Light  
You are not really above me.

Somehow this body

    is attached to me!  
Blessing me in so many ways.  
I love you so, my beautiful prison  
I would not harm you or resist you  
You are so good to me! Yet why do you stay  
Always trying to make me feel at Home here?

Magnificent Maya! Seductive Temptress!

I cannot tell you how much I love...  
I would love to bless you with my sight  
But I am blinded by the Light.  
Forever blinded by the Light.

Beloved Sun! I am one with Thee!

Ever calling me Home, Om, ever calling me Om  
Om Om Om Om  
Ever calling me Om

## MEDITATION

Be  
Still  
and listen!  
For beneath the surface  
Of life's ephemeral turmoils flows  
The eternal stream of harmony and peace.

Be  
Still  
and listen-  
For within the fractured moments  
That make up the structures of the day,  
There exists only THIS MOMENT in the realm of time.

Be  
Still  
and listen-  
For beyond the temporal  
Fragmentation of reality there dwells  
The eternal seed of cosmic unity.

Be  
Still  
and listen-  
And become full with the breath of life,  
For within our expansion...lies the very essence of  
BEING

Dianora Niccolini





## MEDITATIONS FOR MY SON; FOR PEACE

That which you give selflessly will come to life.  
That which you cannot give dominates you, for what you protect within is bound to degenerate.  
That which seeks assertion of self is too oft' negated, for that which abandons its-Self is being asserted.  
One asserts oneself through forgetting oneself.

Every unsatisfied desire will plague you the rest of your life. Do not desire so much as be ready to welcome. God lies ahead of you. God blinks at you from all faces. Do not seek him elsewhere than everywhere. Recognize the variety of shapes through which He smiles.  
In learning to love, concentrate first on a single face but then let your love be diffuse; for truly, HE stands behind every closed door, within every closed mind.

Develop a deep interest in life and transform all that comes to you into happiness.  
Beware of saying your happiness is gone for it came differently than expected. Your desire for joy is one thing, its realization yet another as one must not prepare for joys in advance. Be prepared to accept in their place a completely different one.

There is little one can do to help another be happy, not knowing happiness oneself. Goodness is but an irradiation of this happiness. Knowledge unprecedented by sensation is of little value.

The briefer the encounter, the more avid your gaze. But let the expression of your eyes be of greater importance than the object which you contemplate. Waste not a moment for the most precious of fragrances are oft the quickest to fade. Cherish beauty most when it knows not that it is beautiful.

Prefer inconsistency to one's self-imposed consistency. Behind the apparent inconsistency of life is a concealed continuity. Words themselves deceive for they impose more logic than there is logic in life. The most precious and holy within us are revealed by the spirit, the gleam and warmth in our eyes--verbally untold.

Accept not life and fate as most would have you. Constantly strive to make your life, as well as others', more beautiful... this here and now, not another future life which is but a consolation for the present and would help us to accept its misery and suffering. DO NOT ACCEPT. From the day that you come to understand that he who is responsible for the sufferings of life is not God but man, you will no longer want any part of these ills and misconceptions.

OM Shanthi,

Howard Posner



How deep, strong and strange when love moves as a stream flowing  
untouched by the mountains of life on either side.  
My ears thirst for the sound of knowledge  
My lips breathe the depths of spaciousness  
My eyes see the melody of God's flowing Grace  
My cells and tissues are countless lights of reflections of love  
My palms are hollow as I raise myself to Divine Grace  
My image is seen in God's Heart until I am God's Heart looking in me  
I dance with the wind because my heart is so filled with love  
I sing in whispers so as not to disturb my heart beat that speaks of  
love  
Listen as my pulse beat deepens as my emptiness enters into the  
chambers of my heart  
As the voice of life within me becomes silent in company to my  
aloneness  
But come let us talk again that I may not feel lonely.

Prema

FOR SWAMIJI ON HIS JAYANTHI FROM ISRAEL

jerusalem days  
continue to  
pass through me.  
i've stood  
where they burried  
Jesus and  
swam the sea  
he walked on  
at midnight.  
i've touched  
Muhammed's rock  
and climbed  
Moses' mountain.  
one evening in  
the desert, the sky  
turned white  
as the sun went  
down from the  
lamps of a thousand  
galaxies,

and it all fit  
together then, because  
with all the  
tension here, the  
war and bureacracy,  
they can't switch  
off the old lights.  
and i think  
about You, or what  
i can see of  
You in a building  
in New York;  
a long way from  
here, and  
You are the same Light  
of that  
desert sky.

OM Shanthi  
-Craig Sonnenfeld  
Jerusalem

Sankaracharya, the great Indian philosopher who lived around the 8th Century A.D. composed some very beautiful verses in 'The Praise of the Guru'. On the occasion of Swamiji's Jayanthi, we would like to share these inspiring and enchanting words. May we prove to be worth of Swamiji's grace and blessings.

Louise and Devendra Chawla

#### EIGHT STANZAS IN PRAISE OF THE GURU

Though your body be comely and ever remain in perfect health,  
Though your name be unsullied, and mountain high your hoarded gold,  
Yet if the mind be not absorbed in the guru's lotus feet,  
What will it all avail you? What, indeed, will it all avail?

Even if fortune bless you with riches and a virtuous wife  
With children and their children, with friendships and the joys  
of home,  
Yet if the mind be not absorbed in the guru's lotus feet,  
What will it all avail you? What, indeed, will it all avail?

Though the lore of the Vedas take up its dwelling on your tongue,  
Though you be learned in scripture, gifted in writing prose  
and verse,  
Yet if the mind be not absorbed in the guru's lotus feet,  
What will it all avail you? What, indeed, will it all avail?

Even if you be honored at home and famed in foreign lands,  
Given to pious deeds, and ever adverse to wickedness,  
Yet if the mind be not absorbed in the guru's lotus feet,  
What will it all avail you? What, indeed, will it all avail?

Though you become, at last, the emperor of the universe,  
Though you possess for servants the mightiest of the kings  
of earth,  
Yet if the mind be not absorbed in the guru's lotus feet,  
What will it all avail you? What, indeed, will it all avail?



Even if every nation resound with your beneficence,  
Yet if the mind be not absorbed in the lotus feet of him,  
By grace of whom, alone, everything in this world is won,  
What will it all avail you? What, indeed, will it all avail?

Though you puruse no pleasures, derive no joy from wealth or wife,  
Reject the powers of Yoga, and scorn the fruits of sacrifice,  
Yet if the mind be not absorbed in the guru's lotus feet,  
What will it all avail you? What, indeed, will it all avail?

Even if you be ready to dwell in the forest as it home,  
No more attached to work, untrammelled by an ugly form,  
Yet if the mind be not absorbed in the guru's lotus feet,  
What will it all avail you? What, indeed, will it all avail?



## THE SANDS OF TIME

The sands of time are weeping softly, their secrets  
longing to be told.

Listen brothers as they whisper, their Truths are  
beautiful and bold.

They speak of Saints and Sages, of wisdom pure and  
Holy.

We are the children of the Lord. He gave us life to seek  
His Truth solely.

The Glory of Satchidananda, through Him I have come  
to know.

With love and blessings of my Gurudeva, the Lord will  
watch me grow.

Tat twam asi.

Melanie

so soft is the sound  
that comes from within,  
at first its voice  
can hardly be felt.  
in the beginning it hums like the wind,  
and flutters like a leaf's soft flight.  
it glows dimly  
like a lonely candle flame,  
n' can hardly be seen  
by eyes so blind.  
n' the wind that pushes its breath  
can hardly be felt by  
senses so dull,  
fingertips so callused,  
they know not what they touch.  
yet its first warmth, glow, tinkle,  
is a bell chime, brightly made  
of sweet kisses,  
which softly caress the inner ear,  
n' slowly ignite the forgotten heart,  
that its first hum, kiss,  
flame, tears the soul apart.  
n' the only words to write are,  
i love you.

carl allen tippins





Walking through the magic forest  
The full moon washing our minds  
Filling the well within us  
with its tides of Love....

Sharing a carpet of crisp autumn  
Gazing out o'er the silent hills,  
Listening to the rustle of sleeping giants  
Laughing on into the surrounding night...

You come softly floating in my eyes,  
Drawing pictures of coloring red roses.  
Your face smiling of memories past  
Filling me with light as of the sun...

Being now with you 'til dawn forever  
Firelight eyes bring light to mind  
Being now or long ago past  
Constantly flows on, infinite Love...

Palitha

## A PARABLE

The human body has many limbs. They are coordinated; they work together. What an extraordinary discipline there is! What a great selflessness! The hand picks up the food, puts it in the mouth, the mouth chews and swallows it. Suppose one day the hands should say, "Every day I take food and put it in the mouth, but I never get to taste it. Why should I continue this work? This fellow just swallows everything and gets bigger and bigger!" Then the leg will say, "Yes, every day I have to walk to the dining table. I never taste the food either." The eyes will say, "I see the food, but don't taste it. We should not cooperate with this person--we don't seem to be enjoying anything. Let us strike!"

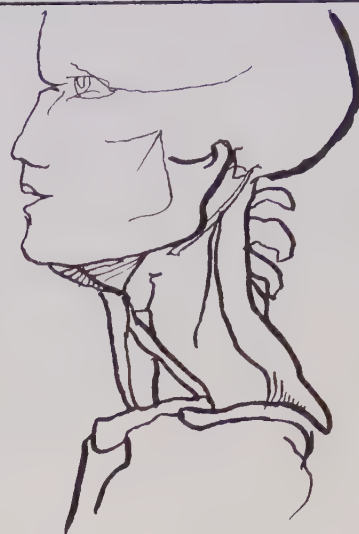
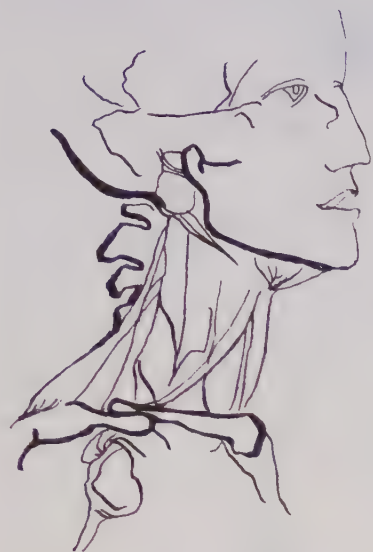
So the legs didn't walk to the dining table, the hands didn't pick up the food, the nose didn't smell. They stopped work. Then they started singing and dancing and jumping around, exhausting the little energy they had. They became very tired. Even the chanting became quieter. "There is something wrong. Why are all of us so weak and low in spirit? We have no energy. Let's call an emergency meeting."

Then they heard laughter from somewhere. "You fools. Come on, jump and dance now. You thought I was the only person enjoying the food. Unless you take the food, the mouth chews it, and the throat swallows it, I won't get the food. But when I do, I digest it and change it into energy so that I can distribute it to you. So there is both taking and giving. Without you, I can't survive--without me, you can't survive."

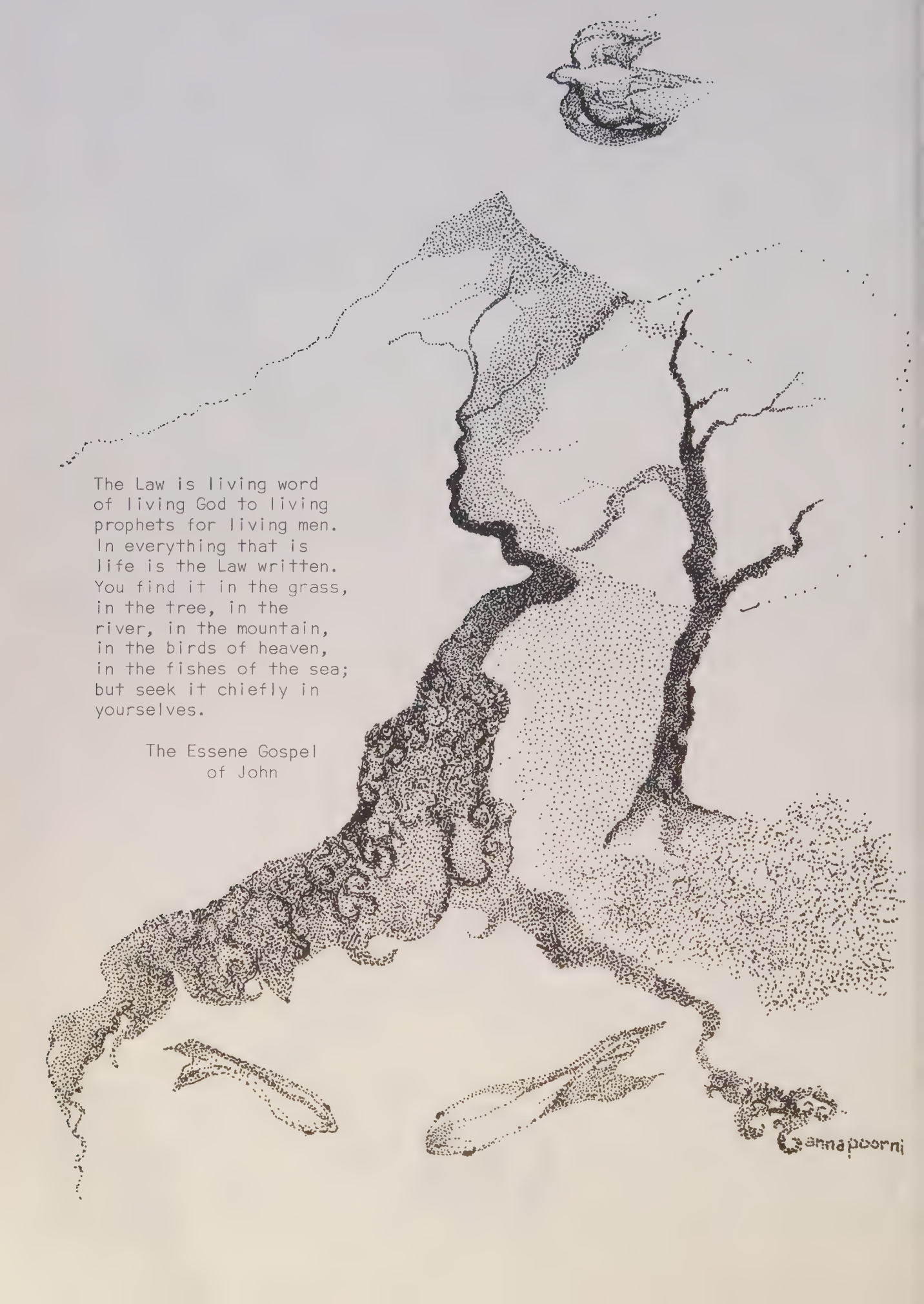
Every tiny part of the body is necessary for the benefit of the whole body. In the same way, the whole earth is one body and we are the individual cells. We should understand the importance of every individual in this world. Nobody is unwanted, nobody is useless. With this understanding we can come together.

Swami Satchidananda





anna pascari 21



The Law is living word  
of living God to living  
prophets for living men.  
In everything that is  
life is the Law written.  
You find it in the grass,  
in the tree, in the  
river, in the mountain,  
in the birds of heaven,  
in the fishes of the sea;  
but seek it chiefly in  
yourselves.

The Essene Gospel  
of John

Gannapoorni



# BEES

During his Washington visit in August, Swamiji went to the Nature Center of Rock Creek Park. One exhibit there of special interest to Yogis is a plexiglass bee-hive, which enables one to see the bees at work. There is a tube connecting the hive to a window so the bees can fly out to collect pollen.

As we watched the hive, Swamiji pressed his ear to the side panel of clear plastic. We followed and the Om sound (Brahmari Pranayama--the humming breath) was clearly audible. Then Swamiji began to instruct us about the bees we were watching. He said that the workers come in with the pollen they have collected and give it to other workers to be made into honey for the whole hive. No worker keeps his own pollen or honey. The queen lays all the eggs, constantly working. The drone is just there to mate with the queen; that is his job and he even sacrifices his life to do it. Some workers clean and feed the queen, so that she can constantly work laying eggs--"2,000 eggs a day" read one of the signs near the hive.

Swamiji said we should not consider one bee's work to be higher or lower than another's. Each bee is essential to the hive. The queen is built differently to lay eggs, that is all. We look at the hive incorrectly when we imagine the queen just getting cleaned and fed. She is cleaned and fed because she is constantly laying eggs. The queen works hardest of all the bees.

Another sign nearby told how sometimes another queen is born in the hive and will take some workers and leave to start a new hive, which is called "swarming." I guess that queen is called a "swarmi." Swamiji said a hive must have only one queen.

What I learned from the bees was that I had a wrong idea about the goal of Yoga practice. I had thought Yoga practice would make me into a great Master like Swamiji. I wasted a lot of energy wanting to become a guru myself, a sort of queen bee. Now I see that queens are born and if one's karma is to be a worker, Yoga can make a perfect worker. How relieved I feel. Becoming a perfect worker seems a little less impossible for me. Two thousand eggs per day, every day--I leave that to the queen.

B. Dorji  
Washington, D.C.

# Children's Corner

A Birthday Story  
for Tracy

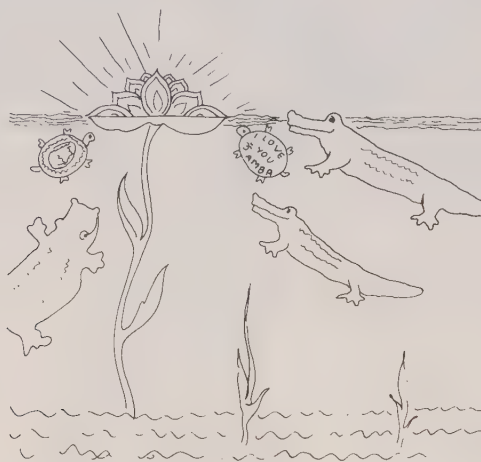
Once upon a time there was an old pond where turtles and alligators used to hang out. On the bottom of the pond there was a lot of scummy mucky stuff where the turtles used to hide and sleep.

Everything pretty well got eaten up around there so not too many nice green things grew in that old pond.

But one day, in the darkest, scummiest corner where no one thought to look, there grew a strong green stalk. No one noticed it there in the dark so it grew and grew and grew. It grew even farther than anyone expected and burst forth into the light. It seemed as though all along it was growing so it could reach the surface where there was air and light because when it got out there it made some beautiful wide green leaves first thing.

Suddenly (which was several days in plant time) there appeared in the center of the leaves a big green bud.

All the alligators noticed the plant now. Although it made them hungry to see such a nice round green growing plant, they refrained from eating it because they were so happy and interested to see what would happen.



On Wednesday, July 21, slowly the bud began to open. It opened all morning in the sunlight. Perfectly it opened, each petal unfolding slowly and surely. Golden shining dazzled the eyes of the alligators and they splashed their tails in amazement...smooth golden shining of petals unfolding....

"Wonderful!" cried the turtles. No one was sleeping now. All were watching the beautiful miracle.

In the dark corner of the old pond where no one had thought to look there unfolded the most beautiful flower anyone had ever seen. All the alligators and turtles agreed to call her "Lotus."

Although it seemed as if the beautiful lotus flower was floating freely on the surface of the water like the turtles, actually her roots were still attached deep in the mud at the bottom of the pond. These brought her nourishment to shine brightly. She had worked hard to grow so tall. She had grown from darkness to light. But no matter how far she had grown, she was still a part of the old pond. Everyone thought that was perfectly wonderful. Her shining presence made the turtles and alligators very happy. Her being among them gave them great joy.



# NEWS in BRIEF

Swamiji--

August was a busy month for Swamiji with two interviews over WBAI radio, two discussions at the downtown IYI, and a trip to Washington D.C. Swamiji appeared at a variety of programs including a lecture sponsored by the Washington IYI at the Ethical Society and another more intimate group at Mrs. Edie Jaya Carlson's home in Fairfax, Virginia. The highlight was Swamiji's visit and talk to the inmates of the Lorton Complex, a federal prison. He spoke in the chapel on Sunday morning to a large group who were encouraged to use their time as an opportunity to reform their lives.

At the end of August, Swamiji left for San Francisco where he looked at some sites for a West Coast ashram and retreat center and conducted the 2nd Santa Cruz Retreat. Swamiji initiated about 80 people at the retreat. Afterwards, he journeyed to Los Angeles to join the West Coast Institutes in their celebration of Sri Swami Sivanandaji's Jayanthi. This was again celebrated with Swamiji on his return to New York September 10. That weekend, Swamiji visited the Yoga Ecumenical Summer Program. On the 17th, he attended a public meeting to inform people of the Yogaville project. Swamiji's presence inspired many to come forward to give their talents and resources. Two days later, 70 people from the East Coast IYIs were given manthra initiation. A lecture was also given in September for the students of Newark College.

The next few weeks were spent fixing up Swamiji's new home in Danbury, Connecticut. Swamiji personally does most of the electrical work and other maintenance and repairs. He also worked on a Raja Yoga book which so many people have asked him to write.

In October, Swamiji gave an inspiring talk at the N.Y. Annual General Meeting. He joined Rabbi Gelberman for a talk on Yoga and Judaism at the Mid-Westchester YM-YWHA. He also gave public programs at the New Jersey Institute, meeting with the Sisters of St. Elizabeth's College as well.

On November 3, Swamiji spoke to a beautiful and sincere audience of about 800 packed into the commons of the University of Hartford. On the same day, he held Satsang at the Hartford Institute. The next day, Swamiji joined 500 people at "Jesus Christ Superstar" who had bought tickets for the benefit of Yogaville. That weekend, Swamiji conducted a retreat at St. Elizabeth's College for almost 400 participants--also for the benefit of Yogaville. On the 12th, the last public Satsang was held at the Universalist Church until Swamiji returns from California in February. A program at Ananda Ashram was given on the 13th.

Swamiji left for Detroit, Michigan on the 18th for several public programs planned by the IYI there. And on the 20th Swamiji went to Texas for public programs in Dallas, the Dallas Yoga Retreat held over Thanksgiving, and a public program in Austin. Swamiji is spending the months of December and January in California with the West Coast Institutes.

## IYI New York--

Programs have been given this fall at Emmaus House, Baldwin School, St. Peter's College, SERA (drug rehabilitation), Bucks County Community College and Educational Circus with renewed programs at CCNY, Columbia University, Forest Hills Adult Center, Brooklyn YWCA, and Alexanders. Classes are also being given at the United Nations and at United Cerebral Palsey. An Integral Yoga Course, covering all aspects of Yoga, began with much popularity. Two weekend retreats were also given for the Maryknoll Sisters in Ossining.

The first year anniversary of the new building was held on October 17. The new building now houses almost all the full-time workers, Yogaville and the National Offices, quarters for Swamiji, and an upcoming health-food store.

A successful theatre party and retreat for Yogaville took place in November with plans for two bazaars to be held in December.

Teacher's seminars on anatomy began with Dr. Posner, giving an interesting and important addition to our training.

Swamiji gave initiation to a large group from all the East Coast centers in September. His final New York lecture was held on November 12 for a large audience sorry that Swamiji will be away for a few months.

## IYI San Francisco, California--

The big news for all the California IYIs is the Hot Springs project, the proposed West Coast retreat center and Yogic community (see article in this issue). On the last evening of the 2nd annual Santa Cruz Retreat, slides were shown of the Hot Springs site and more than \$20,000 was pledged. The deal has since been closed and fund-raising projects are

being organized.

The San Francisco IYI has created "Integral Yoga Industries", a sub-contracting operation equipped to do light assembly, colation, packaging, printing, etc. Once this industry gets going, many of the household members and others could be employed.

During November, Dr. Ramurti Mishra was our guest. We thank him deeply for his Sanskrit classes and Satsang that we all learned so much from.

Classes are bigger than ever with new outside programs and a new series of Hatha and Raja Yoga courses that began in September.

## IYI Detroit, Michigan--

Yoga programs and classes have been given recently at the South Oakman YMCA in Royal Oak, Lowery J.H.S., Saga Joe's Post Office (a youth drop-in center), and for 40 inner city children of elementary school age in Northville.

There were several appointments with key people in the drug field, including the Director of the Governor's Office of Drug Abuse and an IYI representative attended the 2nd Annual Meeting of NARCO (Narcotics Addiction Rehabilitation Coordinating Organization).

Other events in the past few months included an outdoor Sadhana Day at St. John's Seminary in Plymouth that included a modern Mass, two flea-market sales to raise money and talk to people about Yoga, a 5-day retreat, and a Jayanthi celebration for Swami Sivananda.

## IYI Dallas, Texas--

Classes and activities in Dallas have grown to such an extent that our old location on Hall Street could no longer facilitate them. Due to this, the Dallas IYI has happily moved to larger quarters at 4100 Oak Lawn Avenue. Here there is 3500 square feet of space providing ample facilities for our expanding classes; offices for administration and publica-



tions; as well as a huge area which will house the IYI Natural Foods store.

A full schedule of classes is being offered at the IYI including Pranayama classes and course classes in Beginner's I and II, and Raja Yoga. Outside classes continue with new classes at Richardson Recreation Center, Town North and Farmer's Branch Y.W. & Y.M.C.A.s, Julius Schepps Community Center, and private classes in individual homes.

This past month, many activities were held: movies are now shown on Saturday nights, premiering with the Life of Buddha; our tremendous grand opening took place one week before Swamiji arrived to lecture at S.M.U. and to conduct the Thanksgiving Yoga Retreat.

The household has grown to fifteen people including two children and one more on the way. Tremendous love and energy abounds.

#### IYI Hartford, Connecticut--

Unforeseen legal difficulties made it necessary for our ashram to move once more, this time to a smaller location, thus reducing the number in the household. We have found, though, that this "unfortunate incident" has revived the true love and dedication amongst us. With this renewed feeling of Unity and Harmony, we hope to share these vibrations with others.

The IYI was initiated into the Ivy League this fall with classes beginning at Smith College. Classes are also held at the University of Connecticut and we have been working with a professor of Indian Studies at Trinity College. Hatha classes at Connecticut Correctional Institution at Cheshire, a reformatory for boys in their late teens, has shown substantial interest.

Course classes have started in Hatha and Raja Yoga and Vegetarian Cooking. May we become beautiful

instruments of the Lord, communicating those teachings that are continually filling our hearts.

#### IYI Berkeley, California--

Construction of a new asana room has just been completed in the basement. Thanks to the energies of our local Karma Yogis, we now have a much larger and suitable area to teach classes in.

Classes have begun to expand into the community of Berkeley. Two course classes began at the Newman Center, a Catholic organization that works with the university community. The response has been inspiring. We have also begun a class at Community H.S., an alternative school working within the public school system. The interest there has also been great.

Our energies will now be centered on fund-raising for the West Coast Hot Springs center. Om Prem.

#### IYI Boulder, Colorado--

Talks and demonstrations were given recently at the Universal Modeling Guild, the First Congregational Church, and at a class in self-discovery at the University of Colorado.

The IYI will soon move to the University of Colorado to teach. They will supply us with a teaching room and office space. This will put us in closer contact with most of our students. We are now looking for a small house for the IYI household.

At this special time of Swamiji's Jayanthi--and at all times--may we give Him the gift of our devotion and faith.

#### IYI Santa Cruz, California--

The Santa Cruz IYI is now teaching Hatha Yoga to 75 students at the University of California at Santa Cruz, and one of the teachers has become a staff member of the Physical

Education Department.

In November, the Integral Yoga Restaurant was opened and is initially being run by Karma Yogis. Hopefully, a few people will be supported by it in the near future.

Dr. Mishra spoke at the University on October 30 to a warm and eager crowd of students.

#### IYI New Jersey--

The New Jersey IYI has really been expanding. The fall and winter schedule includes 50 classes. We have Hatha classes at accredited colleges, adult schools, drug rehabilitation programs, and at community centers. Three cooking classes are in progress and two Raja Yoga classes. One Sunday a month is devoted to Sadhana Day.

A 2-day bazaar was held in October to raise money for Yogaville. The booths included games, arts and crafts, vegetarian foods, a rummage sale, Yogic books and a Yogaville information booth. Also in October, Swamiji made a 2-day visit to the house. He gave a lecture to the Sisters of Charity at St. Elizabeth's College and a public lecture. A beautiful Sat-sang was held with Swamiji.

A 3-day retreat, conducted by Swamiji, was held at St. Elizabeth's College the first weekend in November. All proceeds from this successful retreat went to the Yogaville fund.

The New Jersey ashram family sends its love to everyone. May peace and love continue to grow.

#### IY Group, Columbia, Missouri--

The Missouri Integral Yoga Group finally acquired a permanent location for classes and meditation at Help Yourself Center, 915 E. Broadway. The Center also houses the Craft Co-op, Organic Foods Co-op, and a large meeting room used by other groups consistent with our outlook. HYSC was begun in September by a San Francisco IYI'er, Dick Dalton.

Classes have been held at the University of Missouri, First Presbyterian Church, Hillel and the Ecumenical Center since last February. We are now offering Beginning and Intermediate Hatha, Pranayama, and Chanting and Meditation.

A talk was given at Stephens College and lecture-demonstrations were given to a graduate seminar on physical education and a psychological hygiene class. A small retreat was held at the Peterson Farm outside Columbia in late October.



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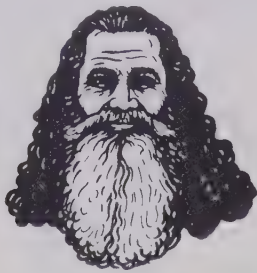
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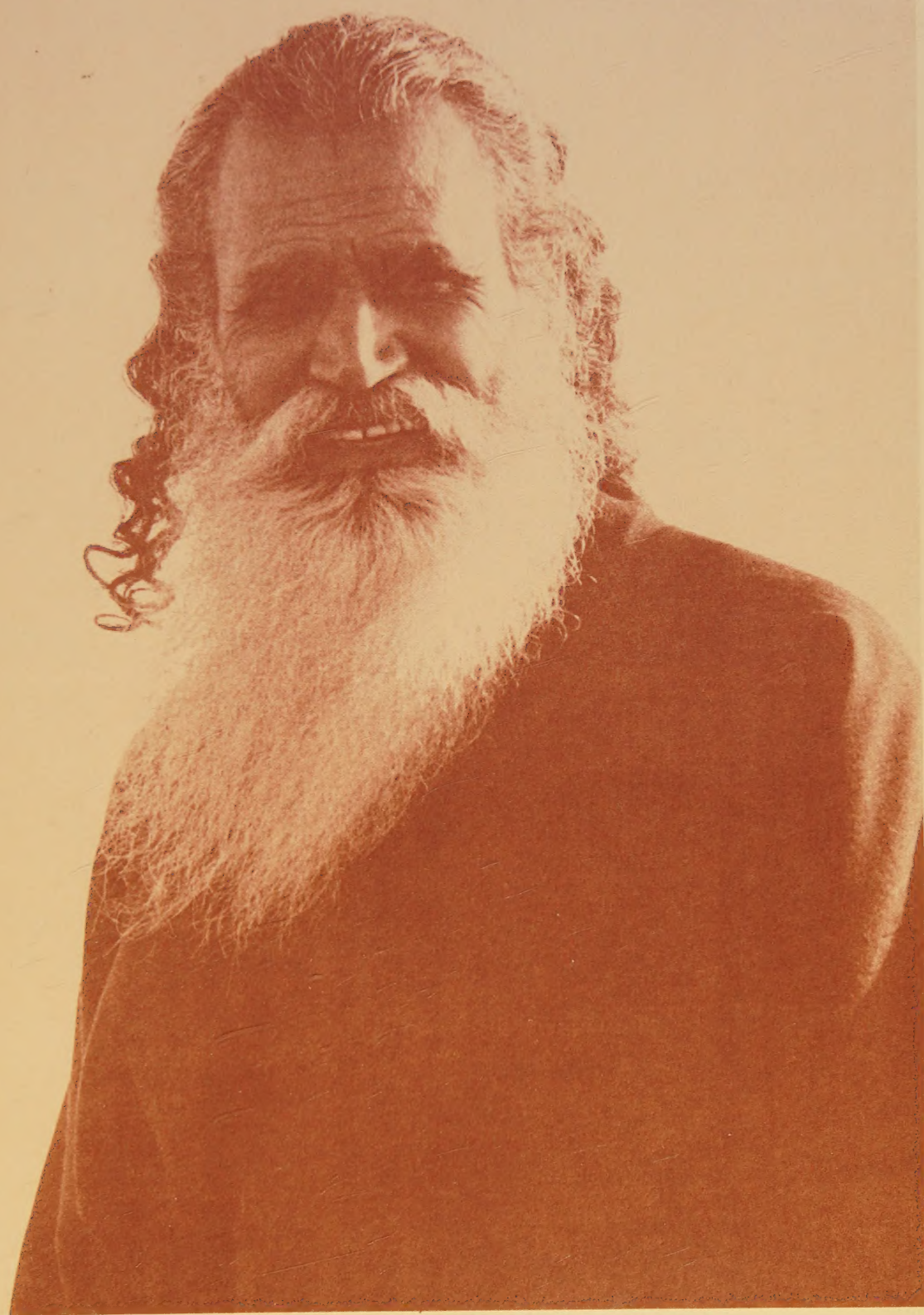
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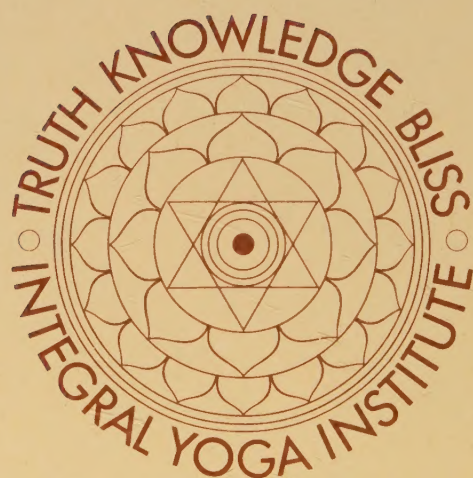
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